

Things to do before bed to help your skin become firmer and smoother

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Use a microcurrent or LED device

If you browse the beauty shelves of editors and dermatologists, you'll likely see a few devices, the most popular being LED light masks and microcurrent tools, both of which are known to be effective in addressing aging skin concerns.

Microcurrent can be thought of as a workout for your face. According to celebrity aesthetician Shani Darden, "*It stimulates the facial muscles underneath the skin, helping to improve facial contours, tighten skin, and reduce wrinkles.*"

Meanwhile, LED light masks target skin concerns like wrinkles and crow's feet, by boosting collagen production and improving overall skin texture.

While it's possible to use both, start by choosing the one that best suits your particular concerns, then add the other as needed. Either way, remember, consistency is key; quality always counts more than quantity in the world of skin care.



Make a collagen latte or hot cocoa

Take collagen supplements and watch out for excess sugar before bed. While the exact mechanism isn't fully understood, researchers believe that collagen peptides high in glycine may affect certain brain receptors and lower body temperature at night, leading to better sleep quality.

However, since research on collagen and sleep is still quite early, you may want to combine it with another food that helps you sleep well, such as chamomile tea or a cup of hot cocoa.

Apply a peptide-rich moisturizer

As the final step in your evening beauty routine, prime your skin with a moisturizer. Specifically, choose a product rich in peptides.

Peptides are chains of amino acids linked together by peptide bonds, and amino acids are the building blocks of proteins.



Proteins like collagen, elastin, and keratin are found in our skin, hair, and nails, so taking care of them should be a top priority in a comprehensive beauty routine—and using peptides is one way to do that. When applied topically, peptides help smooth skin texture, lift tired facial skin, strengthen the skin barrier, and more.

A great peptide moisturizer will also include ingredients like hyaluronic acid, shea butter, aloe, ceramides, and other moisture boosters.

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